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Gabbinbar Gazette

Creating a beautiful place to belong, inspire and grow

FROM THE PRINCIPAL

ICAS Spelling Competition Results

Congratulations to all students who sat for the ICAS UNSW Spelling Competition earlier this year. There were 30 students who sat for this test and they did very well overall.

We celebrate the following Students on their outstanding achievements:

High Distinction – Top 1%: Eve (Yr 3)

Credit – Top 36% of the state: Bryce (Yr 6), Belita (Yr 6), Bethany (Yr 5), Kya (Yr 5), Sienna (Yr 5), Siena (Yr 4), Addison (Yr 3) Oliver (Yr 3), Joel (Yr 2)

Merit – Top 45% of the state: Lachlan (Yr 2), Hayley (Yr 2), Samuel (Yr 2), Zoe (Yr 2)

Participation: – **Year 2:** Jenna, Chase, Tommy, Rachael **Year 3:** Kelsey, Lanu **Year 4:** Aodh, Teddy, Tyler, Chloe
Year 5: Daniel, Cerys, Alex, Brook, Ebony **Year 6:** Kellie

Congratulations to all students who participated in this competition. You should be proud of your accomplishments.

Desley's Retirement

After 35 years, this Friday will mark Desley's transition from an employee to a full time grandparent in our school community. Desley's involvement at Gabbinbar commenced as a parent who volunteered in both classrooms and the tuckshop when her children were enrolled at our school. Over the years her role in our school has changed from the tuckshop convenor, to a teacher aide and in more recent times as an administration officer.

For many years Desley has been the face of our school for visitors, new families, students and staff. She has been welcoming, friendly, calm and always willing to assist with enquiries and support directing these to the relevant person, and lending a sympathetic ear to all in times of need.

Desley has supported new families, students and staff as they transition into our school ensuring that the 'family' atmosphere of caring, consideration for others, working together and celebrating success is their experience from their first phone call or visit to our school.

On behalf of our current and previous school community members, I thank Desley for her commitment and dedication to our school and know that while she will no longer be working at our school she will continue to be a part of our school community.

This Friday at assembly we will farewell Desley from our school staff. Parents and community members are invited to join us for assembly and coffee / tea and a chat with Desley to follow.



Farewell from Mrs Maynard

As I reach my retirement I would like to share a few memories I have of a wonderful place to have spent my working life. I have been involved with Gabbinbar since 1975 when my eldest son was enrolled as a year one student. From being a parent and volunteer helper in the classrooms to my most recent position of administration assistant, I have enjoyed many jobs around the school over the years.

I remember working as a mother in the tuckshop when the then principal, Mr Crain came in and asked if I would be interested in a few hours work as a teacher aide. As I had not been in paid employment since before my marriage, I was quiet honoured and accepted the challenge. This initial 2hrs a week developed into more and more hours over the following 35 years until I was working almost full time.

During the 35 years of employment I have held several positions including teacher aide, cleaner and admin assistant. As well as the paid employment, I have worked as a parent volunteer. For ten years I was the tuckshop convenor, raising much needed funds for the P&C. As members of the P&C, my husband and I were involved in many working bees to help beautify the school grounds, fundraising ventures such as the school "arts and craft fairs", art auctions, fashion parades and bush dances.

There was one fete that will always be remembered. Everyone had worked so hard from early in the morning to make the day a great success. The fete was to conclude with a bush dance. However at about 4pm down came the rain, but in true Gabbinbar spirit the show must go on. The great music of Principal, John Swan's "Ridgee Didge Bush Band" continued and everyone danced in ankle deep water in the covered area between the two junior buildings.

For several years during the nineties, I, with the help of parents and friends decorated the front office for the Carnival of Flowers schools' foyer competition. I am proud to say we won every competition and provided so much enjoyment for the students and the wider school community who came to walk through the floral displays.

I have also been privileged to work with all the principals of Gabbinbar and also many outstanding teachers and teacher aides over the years. My four children and nine of my grandchildren have all attended Gabbinbar.

These were just a few of the many very enjoyable occasions shared with staff, students and parents resulting in many lifetime friendships being made. Although I am no longer working at Gabbinbar every day I hope that I still am able to be involved as much as I can in the Gabbinbar environment and its people.

Desley

School Improvement - Putting the Faces on the Data

Over the last two weeks I have participated in significant professional learning aimed at fine tuning leadership skills to read, analyse and interpret our student and school data to identify areas of improvement, areas of focus and to align school priorities and resources effectively.

This week, the leadership team and I have been working with Dr Lyn Sharratt 'Putting faces on the data' focused on ensuring that we all have each student at the forefront of our data, know where each student is in their learning, in particular their literacy learning. We are unpacking the 14 Parameters: the key dimension for attaining high achievement in schools and classrooms.

Over the coming months we will use this knowledge to continue our school's journey of improvement to ensure we continue to achieve the outstanding improvement and achievement in literacy and numeracy.

We value: Achieving our Best, Being Respectful and Responsible, Caring and Confidence

School News

2016 school holidays and term dates

| Term | Dates | Length |
|--------|----------------------------------|----------|
| Term 3 | Monday 11 July - Friday 16 Sept | 10 weeks |
| Term 4 | Tuesday 4 October - Friday 9 Dec | 10 weeks |

Payments Due

26.08.16 – Year 2 History Excursion - \$8

09.09.16 – T.Y.M.E Festival - \$5.50

14.09.16 – CHSHS Transition (Yr 6) - \$11

16.09.16 – Swimming Program (P-6) - \$42

Payments for Excursions, Performances or Student program will not be accepted after the payment due date under any circumstances.

Date Claimers

| | |
|---------------|---------------------------------|
| 21-26.08.16 | Book Week |
| 26.08.16 | Book Week Parade |
| 26.08.16 | Interschool Sport (Yr 5 & Yr 6) |
| 01.09.16 | Father's Day Stall |
| 02.09.16 | Interschool Sport (Yr 5 & Yr 6) |
| 06.09.16 | Year 2 History Excursion |
| 06 & 07.09.16 | Parent Teacher Interviews |
| 09.09.16 | Interschool Sport (Yr 5 & Yr 6) |
| 15.09.16 | T.Y.M.E Music Festival |
| 11.10.16 | Year 6 Transition |
| 18.10.16 | Year 6 Transition |
| 25.10.16 | Year 6 Transition |
| 30.11.16 | Music Awards Night |
| 05.12.16 | End of Year Concert |
| 07.12.16 | Year 6 Graduation |

Gotcha Awards

Week 5

Harry, Lachlan,
Josh, Zani, Harry



Week 6

Mikkaela, Mia,
Ned, Anna,
Phillip, Dola



Student of the Week

Week 5

Jackson (PC), Ardelan (1L), Elliot (1L), Ellord (1P), William (2G), Arwen (2F), Annalise (2F), Taylah (2R), Eve (3M), Serena (3M), Abbie (3H), Georgie (3F), Adam (4E), Sienna (5D), Alex (5M), Ammittty (6C), Jessica (6W)



Week 6

Luca (PW), Keiran (PW), Cormac (PS), Chloe (PS), Claire (PC), Indie (PC), Max (1LF), Lachlan (1P), Marcos (2G), Toby (4R), Heather (4R), Josh (4E), Camilla (5D), Ayden (5M), Nathaniel (6W), Luke (A1)



Music Notes

T.Y.M.E. news...

Members of the Senior Choir, Concert Band and String Ensemble will have received the information / permission letter for the annual T.Y.M.E. festival to be held at USQ on **Thursday, September 15.**

This will contain all the information related to Performance times and places and I would ask you to keep an eye out for it and retain for your benefit.

It is a wonderful day of celebrating everything wonderfully music that the Downs has to offer, and gives our children not only the opportunity to perform in another setting in front of their peers, but also they get to see and hear so many others doing the same.

CLASS UPDATE:

Our study of "**Let's sing around the world**" is progressing well – and we're on track to keep to our itinerary dates and deadlines.

So far, we've visited Greece, France, South Africa and China – with 3 more countries to go.

How is your Grade 3 – 6 child going with their Workbook? Are they keeping up to date with it? These will be collected in the last week of term, for assessing.



Every August, schools across the nation celebrate Australian authors, illustrators and books, inspiring children to read and write as part of Book Week.

How we're getting involved

To celebrate Book Week, 20-26 August, we're encouraging all students and staff at Gabbinbar to dress up as their favourite book character for a day.

We're thrilled to announce that we will again be supporting Make-A-Wish® Australia.

How it works

On **Friday 26 August** you can help inspire your child to dress up as their favourite book character and support Make-A-Wish by bringing along a **gold-coin donation** to go towards helping make more wishes come true for children battling life-threatening medical conditions.

If you're feeling really inspired, you can share your child's creative costume with Make-A-Wish by sharing a photo on social media. Please tag @makeawishaustralia and use the hashtag #bookweek2016.

Should you have any questions about our Book Week activity, please feel free to contact me.

Anthony Seng
Teacher-Librarian

Parent Teacher Interviews

Parent teacher interviews will be held on Tuesday 6th and Wednesday 7th September from 3.30pm till 6.30pm in the Hall. Notes were sent home earlier this week. Parents are reminded to return their three (3) preferred times to class teachers no later than Tuesday 30th August so teachers can confirm the schedule.

Premier's Reading Challenge

Premiers Reading Challenge concludes this week. Please return all reading record cards to the Office by this Friday so details can be submitted by the due date to ensure all participating students receive their certificates.

Range Zone Athletics

Last Tuesday 42 Gabbinbar athletes travelled to the O'Quinn Street Athletics track to compete against other Range Zone schools in track and field events. Our students performed well in windy conditions. We can be very proud of the sportsmanship that they demonstrated through cheering for their team mates. A big thank you to Mr McGovern for managing the team and Mr Gordon and Mrs Lorentzen for acting as officials.

3 Gabbinbar students have been selected to compete at the Darling Downs championships that take place next month. Ebony Sullivan has been selected in the 11 yr Discus, Siena Dawson will compete in the 10 yrs 100 metres sprint while Harry Parrington will run in the 9 yrs 800 metre event.

Finally a big thank you to all the parents and friends who took the time to come and watch our students on the track.

Chappy Word

Hope you have all been having a good week. Unfortunately this Thursday's morning is cancelled.

What every child needs for learning self-regulation

What self-regulation is ... and isn't

Self-regulation is not simply self-control. It is the ability to manage our energy states, emotions, behaviour and attention: the ability to return to a balanced, calm and constant state of being.

Lack of sleep, noise, flashing lights, an argument, certain foods, stress and trauma can all throw us off balance. Our energy depletes and managing our feelings, behaviour and attention becomes more difficult.

Self-regulation is vital for children to manage life's normal ups-and-downs: for concentration, social relationships and learning. It is a major task for a young child to regulate their feelings and behaviour consistently.

Learning to self-regulate begins at birth

For babies the world is an endless series of new experiences of movement, lights, sounds, tastes and textures. Babies are learning to self-regulate and need co-regulation from a safe attentive adult. Babies will regulate to a calm tone of voice, holding, rocking and gentle touch as well as predictable routines with familiar adults. Eventually, they use the memory of comfort, created by calm regulating adult contact, to self-soothe or regulate themselves.

Key factors assisting children to develop their capacity to self-regulate are:

- being with calm adults who provide safety and security
- having predictable routines and clear boundaries
- being listened to and acknowledged
- watching the adults in their life manage their own feelings and behaviour
- knowing the names of feelings and being able to identify their feelings by name
- having adult support when they are upset, tired or angry
- having unstructured time to play and learn at their own pace

When self-regulation difficulties occur

Reasons difficulties with self-regulation arise can include lack of adult attachment figures, sensitivities in the child's body, stress and trauma. These difficulties can look like tantrums, fighting with peers, not following adult direction, worry, anxiety, withdrawing from social situations and turning away from parent, carer or educator.

What children need

We can support children finding the task of self-regulation too difficult by:

- showing empathy and care
- being close by until strong emotions pass
- teaching children calming strategies
- increasing 'feel good' hormones through exercise, healthy diet and plenty of rest
- creating environments that support children's developing capacity to self-regulate

A word from Chappy Tricia

This article was resourced from the Kids Matters Website.



Wishing to Enrol Your Child in Year 7 for 2017?

1. You can first determine whether you are within the catchment area at (<http://www.qgso.qld.gov.au/maps/edmap>) and then follow the steps below.
2. Step 1: Expression of Interest for Enrolment form to be collected and submitted in person from the Administration office. These are being accepted from Monday, August 8 2016.
3. Upon receipt of email notification, and if indicated in this email Step 2: Enrolment Application Form - also to be collected in person from the Administration office.
4. Step 3: Return completed Enrolment Application Form together with all required ORIGINAL documents in person to the Administration office. Upon verification of the enrolment form and all supporting documents you will receive confirmation of enrolment early in Term 4 as a part of the enrolment pack that will be posted to you. Please don't hesitate to contact our Administration staff on 46367500 for further details or refer to our school website.

Tim O'Connell

Head of Department Junior Secondary and Languages

P & C NEWS

Tuckshop News

| Tuckshop Day | Tuckshop Helpers | Tuckshop Home bakers |
|------------------------------------|---|-----------------------------------|
| Thursday 25 th August | Larry Heuston/Rebekah Nelson Extra helper required please | Sue Long |
| Tuesday 30 th August | Larry Heuston Jane Higgs | Sarah Brown-Duthie |
| Thursday 1 st September | Larry Heuston/Rob Callow Rebekah Nelson | Home baker required please |
| Tuesday 6 th September | Larry Heuston Chiara Oeser | Nat Herbert |

We are always looking for helpers and home bakers, if you can help out please let me know. We will be having a sausage sizzle meal deal next month. Order forms will be sent home soon.

Larry Heuston 0417731126 or leanne.heuston@bigpond.com

Fundraising

The P & C will be holding a Fathers' Day stall on Thursday 1 September in the Hall from 9 to 11am. There will also be a Fathers' Day raffle. Tickets will be available at the stall and will be drawn on assembly on the 2 September.

If you can volunteer your time to assist with the stall please call Alison on 0400 128 343.



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 resources

orders are due: **26 August, 2016**

Second Hand Uniforms

Hours: Wednesday 8.45 – 9.15 and Thursday 2.45 – 3.15.

Contact: Kylene: - 0412 020 030

Please note that the second hand uniform shop will be closed the last week of term.

OSHC

Hello and welcome to OSHC News!

On Monday August 15th, we sold cupcakes to raise money for the RSPCA Cupcake Day. Thanks to our lovely parents and teachers who helped us raise \$220! Following on from this activity, we would love to make a display of the children's pets. If you would like to contribute, please drop in a pic or email me and I will print it for you.

We are currently reviewing our policies and procedures around children with Asthma and allergies. If you have been asked to provide this paperwork we would appreciate all paperwork to be completed and returned promptly. Enrolments can be cancelled if we don't have the correct information about your child's health and wellbeing.

Life skills are also an important part of children's leisure time. You can help by reminding your child to remember their hats, water bottles, jumpers and homework. A reminder that children should be encouraged to leave toys at home. If children have extracurricular activities such as reading groups, we need to be informed of this by a parent/guardian as it requires children moving from care environments.

We have placed a new community noticeboard at the OSHC door. If you have any flyers or information which may be of interest to the community, please see me to add to our notices. **Please don't remove the notices from this board. Children who have worked hard on a poster or notice are upset when their work is removed and destroyed.**

We also have our community produce table if you have any spare produce you would like to donate or swap.

A reminder to all families to let us know if your child is not attending on their booked day. This ensures your child is safe and reduces your fees and additional charges.

The school office is not required to pass on messages if your child becomes ill at school. Please contact OSHC directly. In term 3 we will begin charging non-cancellation fees for BEFORE SCHOOL CARE.

VACATION CARE program out now! Limited places available please complete bookings ASAP.



**Father's Day
Stall**
1st September
School Hall

Gabbinbar P & C are holding a Father's Day Stall to help raise money for the school. Your child will go with their class throughout the day to select gifts. We suggest your child bring their money in a named envelope and give it to the teacher to be kept secure.

Gifts range in price from \$1.00 to \$6.00 each.

Father's Day Raffle

Tickets available from the school admin office and also in the hall on stall day. This year's raffle contains a range of great items that your dad will love.

4 prizes to be won. Tickets 50c each.

If anyone has time to volunteer their help towards raising money for the school we would love to hear from you.

Please contact the fundraising coordinator Alison Briece on 0400 128 343

**Happy
Father's
Day**

Sign On Day 

Sunday 28th August
10am-12noon
Usq Oval, Baker St



**TOOWOOMBA SOUTH
LITTLE ATHLETICS**



School Holiday Survivor Camp

27-29 September 2016

Open to boys and girls 6-13 years old. Location: Camp Laurence, Moogerah Dam.

•Activities: fishing in electric powered boats, canoeing, high ropes, archery, open fire cooking, initiatives and team challenges.
•Night Activities •All meals •Prizes & Give-a-ways (Every student will receive a 'I survived with Sports Tuition' t-shirt)
•Limited places available

A bus service is also available.

School Holiday Fishing Weekend

30 September - 2 October 2016

Open to the whole family; including grandparents. All children must be accompanied by at least one adult. Location: Camp Laurence, Moogerah Dam. •Weekend is fully catered. •Moogerah Dam is stocked with Australian bass, Golden Perch, Silver Perch & Mary River Cod. •Electric powered boats, all fishing equipment and live bait is provided. •Cabin Accommodation.

Japan Ski & Cultural Tour

27 December 2016 – 9 January 2017

- Family tour & Student-only tour.
- Students for the student-only tour must be aged between 12-15 years. Family tour caters for all ages.

Experience Japanese language, traditional food, religion, traditional accommodation, customs and enjoy the soft powder snow!

Itinerary option 1: includes: Hakuba (6 nights), Kanazawa (1 night), Kyoto (2 nights), Hiroshima (1 night) and Tokyo (3 nights)
Itinerary option 2: Hakuba (6 nights) and Tokyo (3 nights)

Package includes: accommodation, all transfers to/from ski fields in Japan, JR Pass for transfers to all other destinations, daily breakfast in ski fields, ski hire (excludes helmet hire), ski lift pass, two karate lessons and ground support. Options may include: Kyoto and Nara Tour, Peace park and Miyajima Tour - Hiroshima, Sumo Tournament, Geneyland, Disney Sea, Tokyo City Tour. Tour is conducted in collaboration with Japan Powder.

For all activities, visit www.sportstuition.com.au and register through the Events section or phone 0403 154 510 for further details.



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Toowoomba Grammar School Milo T20 Blast (Ages 7 - 12)
Where: TGS Ovals - Meet at Pavilion (Enter via Herries St)
When: Monday Afternoons (10 October - 21 November 2016)
Time: 3.45pm - 5.00pm Cost: \$110
Register and Pay Online: <http://goo.gl/PTPe7H>
Contact: Nathan Stains (n.stains@twgs.qld.edu.au)

VISIT PLAYCRICKET.COM.AU/T20BLAST TO FIND OUT MORE



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Italian exchange student, Elsa, with host siblings Maddie and Siena.

How does it work?

You choose a student who you think will fit best into your family. WEP's volunteer host families provide a room (can be shared with a sibling of the same sex and similar age), meals and a welcoming family environment. In return you gain a new family member and a friend for life! All WEP students come with their own spending money and insurance.

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- takes a photo of a meal you have prepared because it's so wonderfully different.
- is amazed by Australia's animals and landscapes.
- has never had a Tim Tam slammer!

Request a free info pack!

WEB: wep.org.au/host
EMAIL: sylvia.kelly@wep.org.au
PHONE: 1300 884 733



Diletta (17) Italy - I always look on the bright side of life! I'm sporty and my parents run a restaurant so I love cooking and baking!



Francesco (17) Italy - I am friendly and sporty. My favourite sport is soccer and I also enjoy organising summer camps for 7-12 year olds.

wep.org.au/host for more profiles.

**GET in2FUN
GET in2CRICKET**

MILo in2CRICKET introduces girls and boys, aged 5 - 8, to Australia's favourite sport. It's great fun, kids learn the basic cricket skills and is available for kids of all abilities.

All kids receive a BONUS PLAYER PACK when they register!

Toowoomba Grammar School In2Cricket
Where: TGS-Meet at Pavilion (via Herries St)
When: Mondays, 10 October-21 November '16
Time: 3.45pm - 5.00pm Cost: \$90
Register/Pay Online: <http://goo.gl/PTPe7H>
Contact: n.stains@twgs.qld.edu.au

Visit PLAYCRICKET.COM.AU/IN2CRICKET to find out more

Gabbinbar Parents and Citizens Association (P&C) provides services including out of school hours care (OSHC) programs, tuckshop, second-hand uniform shop and the student banking program. P&C meets on the third Wednesday of each month at 7:00 pm.

Email: pandc@gabbinbarss.eq.edu.au
Web: gabbinbarss.eq.edu.au/Ourcommunity/PandC
OSHC Phone: 07 4631 5266
Tuckshop Phone: 07 4631 5215 (Tuesdays and Thursdays)

C&K Gabbinbar Community Kindergarten operates on our school site.

Email: gabbinbar@candk.asn.au
Web: www.candk.asn.au/gabbinbar
Phone: 07 4613 6205
Fax: 07 4613 6209

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Wednesday Nights are Theme Nights with Food from around the world*
Thursday Nights we offer either a Barra or Club T Bone from just \$17*
 (*subject to change)
For bookings please phone 4635 1219

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